

The Sanderling Spa

A visit to the 6000 square-foot Sanderling Spa is an essential part of any Sanderling experience. Overlooking the Currituck Sound, the spa offers a wide range of services including massage therapy, skin care and body treatments. The Salon features two hairstyling stations and eight manicure/pedicure stations. Enjoy a post treatment spa lunch in the solarium. Seasonally acupuncture and a yoga schedule is offered.



Activities

Fitness and Tennis

Owned and managed by the Sanderling, the Pine Island Racquet and Fitness Center is fully equipped with Cybex resistance machines, two outdoor Har-Tru courts and three climate controlled indoor courts. Clinics and lessons for children and adults are offered by PTR professionals.



Pools

Adjacent to the Sanderling Spa, a heated indoor pool is available daily. Movable partitions and skylights allow the pool area to be opened to cooling breezes in warmer months. Our guests have full access during the summer season to use the Sanderling Property Owner's outdoor pool facility.

Nature Trail

A three-mile trail through the 3400-acre Pine Island Audubon Sanctuary provides excellent bird watching. Kayaking, fishing and nature walks can also be arranged.



The Sanderling Resort & Spa



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www.thesanderling.com

Accommodations



The Perfect Room

Located in three different Inns—North, Main and South- each room captures the timeless hues, textures and casualness of our coastal area. Each room has its own sitting area and comes with a flat-screen TV, King-sized or two Queen beds and a spacious tile and granite bathroom. All rooms have private balconies and wireless internet access.



Vacation Homes

Perfect for families and groups, our homes overlook the Atlantic Ocean and Currituck Sound. The three, four and six bedroom homes have full kitchens and laundry facilities. Guests of the homes get access to all the resort amenities including housekeeping and room service.

Dining

THE CULINARY TEAM IS COMMITTED TO CREATING EVOLUTIONARY MENUS WITH AN EMPHASIS ON SUSTAINABLE, ORGANIC, ARTISANAL AND LOCAL INGREDIENTS. A CONCEPT COINED AT THE SANDERLING AS S.O.A.L.

The Left Bank

With breathtaking sunset views, The Left Bank , the Outer Bank's only AAA 4 Diamond rated restaurant, features an exhibition kitchen serving American Contemporary cuisine using the techniques and traditions of the French culinary arts. The menu changes daily to reflect the freshest locally sourced foods. The Blonde Onyx Bar features a light menu and nightly wine tasting.



The Lifesaving Station

Located in a 1899 restored US Lifesaving Station this contemporary American dining experience is open for three meals a day emphasizing fresh local seafood and a Farm to Table concept.

